

Evaluation of Sleep Disorders in Children with Adenotonsillar Hypertrophy Referring to the Otolaryngology Clinic of Qazvin Children Hospital, Iran

Zahra Parsapour^{1*}, Erfan Torabi², Shabnam Jalilolghadr¹, Sima Montazer Lotfe Elahi¹, Abolfazl Ghobadi¹, Farshid Safdarian¹, Naghi Rahmani¹, Mahsa Esfahani¹, Navid Mohammadi¹

¹Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

²Student Research Committee, School of Medicine, AJA University of Medical Sciences, Tehran, Iran

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Abstract

Background and Objective: Obstructive sleep apnea (OSA) has become a highly prevalent condition in pediatric care. OSA in children might considerably impact children's quality of life. We aimed to evaluate sleep disorders in children with adenotonsillar hypertrophy.

Materials and Methods: This was a descriptive-analytical and questionnaire-based study of children with adenotonsillar hypertrophy referring to otolaryngology clinic at Qazvin Children Hospital, Iran, in 2018-2019. 181 children who were randomly selected from the referral hospitals were evaluated using the validated Persian version of the Children's Sleep Habits Questionnaire (CSHQ). Eight main branches were also completed by the parents and how they evaluated the last week sleep patterns of their children.

Results: A total of 120 completed questionnaires were collected from children aged 1 to 15 years. 52.5% were male and 76.7% were urban residents. 88.8% had snoring and 90.0% had no family history of insomnia. 76.3% fell asleep in the morning, 74.3% had moderate to severe bedtime resistance according to the parents' reports, and 60.0% had mild and 22.5% had severe sleep onset delay. Finally, 107 children had confirmed sleep disorder that figures 89.2% of the cases included in the study.

Conclusion: Our study showed a high prevalence of sleep disorders in our cases and its effects on behavioral disorders. Children with adenotonsillar hypertrophy had less sleep duration and more sleep disorder as parents reported in present study. Further studies are highly recommended to understand the etiology of sleep disorders in studied population.

Keywords: Sleep apnea syndromes; Dyssomnias; Sleep hygiene